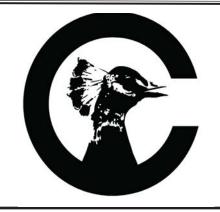






Basketball seniors share memories, pg. 11





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### About This Issue...

The News section describes Scoretrax app. surrounding CrossFit, through GC biology students. The Amy players, including an article Homecoming concert. on Christina Thomas, who Join us for pitch on Monday It also includes recent in MSU 128. additions made to the

the Night To Shine prom, The A&E section features how GC connects with the a preview of the theater community department's rendition of the American Idiot, a glimpse awards The Colonnade staff into the excursions of the brought home on Saturday Student Adventures Club, and viruses discovered by a sneak peek of GC alum Carpenter's Sports section this week one-woman show and a consists of an overview musical rundown of the of the senior basketball bands performing at the

was recently named to the nights at 6:30 in the WBCA Good Works Team. Colonnade office, located

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#### Volume 93 No. 16

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#### Corrections

IThe issue published on Feb. 1 stated that the organization HealthMPowers is based in California, however, it is based in Norcross, Ga., and it is working with Public Health Institute who is based in California. HealthMPowers works with counties to bring healthy food options to stores that do not already have them. The article stated that a food desert is a county whose grocery stores do not carry all of the foods needed for people to maintain a balanced diet, but according to Kristina Hyland it is a an area that does not have any grocery stores. Additionally, Hyland said that Live Healthy Baldwin is a community partner, and they are not supplying food for the stores as stated in the previous article. Only HealthMPowers will provide food for the stores.

## NEWS

## Over 100 guests attend Night to Shine prom

Lauren Nielly @gcsunade

More than 100 guests traveled to Northridge Christian Church on Feb. 10 to participate in the Night to Shine prom celebration. Night to Shine, an event sponsored by the Tim Tebow Foundation, allows people with special needs to have an unique prom experience in the company of their friends and family.

More than 375 churches in 12 different countries hosted Night to Shine proms on Feb. 10. Over 600 volunteers came to Northridge to make Milledgeville's Night to Shine an evening to remember for the attending guests.

Volunteers gave corsages and boutonnières to the arriving guests, many of whom sported evening gowns and tuxedos. Prom attendees then proceeded to shoeshining stations and rooms dedicated to makeup and hair styling, staffed by stylists from several Milledgeville salons.

Following their pampering, guests took a limo ride around the church to be greeted by rows of people cheering them down a red carpet. After walking the red carpet, the guests posed for pictures before entering the dance floor.

The church's worship center was decorated like a high school gym for a prom. Volunteers served guests snacks, such as barbeque sliders, chips and fruit, with brownies and cookies for dessert.

More than 120 GC students participated

in Night to Shine. Senior Sarah Alston, a member of the special education cohort, attended the prom, alongside her date Benjamin Marsh.

"The best part about tonight was meeting my date, Benjamin," Alston said. "It's been great tearing up the dance floor with a new friend."

Along with the special education cohort, members of GC's Best Buddies accompanied guests. Best Buddies is an organization that teams up college students with members of Milledgeville's Life Enrichment Center (LEC), a nonprofit program for adults with intellectual disabilities.

Through Best Buddies, LEC members are paired with a "buddy" who they get to hang out with and call on a regular basis. GC senior Celia Friedman, an active member of Best Buddies, attended Night to Shine with her buddy Selena Wiggins.

"It's basically a way of creating lifelong friendships with individuals with disabilities," Friedman said. "Night to Shine was an idea that was brought to us so that our buddies could get the chance to experience prom, since a lot of them did not get to attend one in high school."

Junior Brooke George, another member of Best Buddies, experienced the night with her buddy, Andrew Lewter.

"My date Andrew had the best time and wouldn't stop dancing," George said. "Our favorite part was probably how they gave every guest a crown or tiara and announced them all as king and queens because it made them feel so special."



Hundreds of volunteers decorated Northridge Christian Church's worship center to look like a high school gym might look for a prom.





Many courses are offered online, allowing you to attend class from anywhere you are.

When you meet with your Academic Advisor, be sure to ask about summer options.

**Registration Opens March 13** 

## Solar panels bring green energy to Herty Hall

Brust @gcsunade

The physics program is installing solar panels on the roof of Herty Hall as a learning aid for future students.

Ken McGill, chair of GC's physics and chemistry department, is the lead faculty member on the solar panel project.

"The south end of Herty Hall was actually designed for solar panels," McGill said. "So [we] drafted a plan and got a grant with the help of the Green Fee initiative."

Dr. McGill said he hopes this will serve as a learning tool for people wanting to install solar panels themselves.

"There's a lot of do-it-yourselfers out there that would love to put solar panels on their house," McGill said. "Here's one where you can see the connections. You can walk around and see how simple it is."

The project started in May 2016, when the physics department, the Campus Sustainability Council and the Green Fee Initiative teamed up to procure the plans



Pre-engineering sophomore Evan Block helped transport the delicate solar panels onto the Herty Hall roof.

to develop the solar panels.

Chief Sustainability Officer Lori Strawder is working with the project team on their proposal before it goes for approval.

"It will go completely off the grid, and it will actually go to the building to supply it with electricity," Strawder said.

Strawder said she has heard of possible

expansions of solar power to other buildings by other physics students.

"We are looking at the Chiller plant, and we have just recently had a student show interest in the library," Strawder said.

The process to make a project like this possible takes a long time and many different steps in order to get approval from the Sustainability Council.

"We've had more projects [get approved] this year than we ever have," Strawder said. "We usually range about two to three per year...this year we have had close to 15 proposals go through."

The entire project will cost about \$12,000, which includes the solar cells and training the participants to install them.

Lauren Gorham, an environmental science major, is a member of the Campus Sustainability Council.

"I'm personally very excited about it because solar power has just barely grazed our campus until now," Gorham said. "It's totally exciting to see them being implemented and being used for our campus."



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## Biology students discover new bacteriophages

Amy Strang @gcsunade Three biology students at GC have discovered new bacteriophages through participation in an international research project.

Second-year graduate student Audrey Waits chose to participate in the research for her thesis project. The research focuses on phages, which are viruses that attack bacteria, Waits said.

"I knew I liked viruses and that I liked bacteria, so I wanted to study both of them," Waits said. "It appealed to both of my interests."

Shea Morris, a junior biology major, is conducting her research on the environmental impact of mycobacteriophage isolation and characterization. Morris said she got involved in the project because she wanted to do research as an undergrad, so she pursued a lab position with Indiren Pillay, chair of the department of biological and environmental sciences.

"I began working with him in the spring of 2016 and decided to do mycobacteriophage research," Morris said. "I expanded my project by adding the environmental studies in order to find trends that have gone unnoticed."

Sophomore biology and pre-med major Keira Stacks said she became involved in the project last fall when she began working in Pillay's lab with Morris.

"I would go out with her [Morris] doing her research and take soil samples at Lake Laurel and the Greenway, and then from that we were able to isolate a new bacteriophage," Stacks said.

This semester, Stacks is beginning new research that includes a genomic sequencing of the bacteriophage that she was able to isolate. She and Morris are working together to characterize the two phages that were isolated.

While both Waits's research and Morris and Stacks' research have similar starting points and protocols, Waits's uses a different bacteria as a host for the virus.

"The virus has to have a bacteria to replicate in, otherwise it doesn't do anything," Waits said. "So I'm just using a different bacteria than they are."

While Morris's research is concerned with environmental factors, Waits's research is focused on a biofilm, which is the sticky and protective layer that forms around bacteria communities.

"I'm looking at how the phage interacts with the biofilm around the bacteria," Waits said

As a result of the students' research, three new phages have been isolated and each has received a unique name from the researchers. Morris has named hers Adonis, while Stacks has named hers SheaKeira to include her partner's role in the research and pay a clever homage to recording artist Shakira. Waits has chosen to identify her phage as her last name, Waits.

The students stressed that while they discovered new phages, their research did not result in scientifically groundbreaking discoveries.

The students said that they are now going to focus on characterizing the phages, which are an abundant life form, and comparing them to the results of previous research.

"I think it is pretty awesome to have found a new phage," Morris said. "We don't know for a fact if it is brand new, but at least for the moment we are hopeful



Photo Courtesy of GC Communication

(Right to left) Audrey Waits, Keira Stacks and Shea Morris discovered the phages in handfuls of Milledgeville soil.

that they are incredibly unique."

Waits said she finds most thrilling the fact that she, along with Morris and Stacks, are adding to the body of existing knowledge.

"It's exciting to be part of that contributing force," Waits said.

## The Colonnade staff brings home five awards

Dallas Fletcher @gcsunade GC's student newspaper, The Colonnade, won five awards in the Georgia Press Association's 2017 Better Newspaper Contest. The winners were announced at

the Georgia Press Institute on Saturday, Feb. 11, at Mercer University in Macon, Georgia.

"It really validated all the hard work that we have put into the paper to make it even better than it was before, and to really bring the best news that we can to the Georgia College campus and the Milledgeville community," said Editor-in-Chief Mary Taylor Marstellar. "It's a nice reassurance that we are doing a good job with what we are doing and that we are educating the community."

The awards included second place in community service in news, second place in community service in sports, third place in improvement award, second place in best column and first in best news article in investigative journalism

The two individual awards were for Staff Writer Lizzy Kidney's October 2016 cover story, "The State of Women at GC," which took first place as best news article in investigative journalism, and Arts and Entertainment Editor Mary Kate Conner's Art-to-Art column, which took second place in best column.

This has been a rebuilding year for The Colonnade, as no one currently on staff is a returning member from a previous year. The staff sat down at the beginning of the year, determined what they liked and didn't like about

the newspaper and decided on their particular focus.

The staff decided to make sure the newspaper featured hyper-local content that readers could not find anywhere besides The Colonnade. They also decided to concentrate on making each section more robust in content

"At first it was very, very daunting, going in with as little experience as we had," Conner said. "It's been really exciting to see, like looking back on our first issue and now seeing where we are now has been really, really gratifying,"

The staff is especially proud of the improvement award. The process for applying for this award entailed submitting three issues from the previous year with the former staff and three issues from the current staff, along with a letter that was written by News Editor Emily McClure that explained how the current staff thinks the newspaper has been improved.

"It's a huge honor. We've worked really hard to get to this point, and I am very proud of everyone," said Co-Sports Editor Steven Walters. "It only makes us want to work harder as a staff."

McClure agreed. She described the moment when Marstellar told The Colonnade staff about the awards for the first time.

"We just sat around with big smiles on our faces," McClure said. "I already knew that we were doing a good job, but I feel like winning these awards just confirms the hard work we'd been putting in this past semester.



Christina Smith / Staff Photographe

The Colonnade executive board traveled to Macon on Feb. 11 to attend the GPA awards banquet.

## CrossFit gym connects GC with community

Carson Gregors @gcsunade

Central State CrossFit (CSCF), opened by the co-owners of BodyPlex Fitness, creates an opportunity for community members and GC students to build relationships while achieving their fitness goals through the use of techniquefocused training.

Co-owners of BodyPlex, Mike Martino, GC program coordinator of exercise science, and Adam Shields, who also works as BodyPlex Fitness's general manager, opened CSCF approximately two years ago.

"What we tried to do was to look for something that would be creative and new and add it to our mission," Martino said. He explained that though CSCF operates within BodyPlex's facility, it is a separate entity.

What distinguishes CSCF from other CrossFit facilities, Martino said, is the way their coaches are trained. The coaches, who are GC graduate students and faculty, are taught to focus on attention to detail, learning to assess the quality of an individual's movement throughout the execution of an exercise activity.

"Our whole thing is to focus on technique and to really try to help the client move better," Martino said. "If we can help you move better, then in the longer run you're going to make greater gains from a fitness perspective."

The CrossFit classes, consisting of a maximum of 15 people, are led by an instructor who facilitates the Workout of the Day (WOD). Martino said the community aspect CrossFit provides is one of its greatest strengths.

"These people become your second family," Martino said. "It's where you come and sweat and push yourself to try to become better, and you do it with other people who have similar goals in mind."

Zoe Hollowell, a freshman and psychology major, agreed.

"There's a good dynamic of different ages and different types of people," Howell said. "I think it's great that everyone gets along."

At CSCF, the coaches program the WOD, said Martino. Designed to accommodate individuals of various fitness levels, the programs are constructed so that people of different experience levels can participate in the same routine together.

To accomplish this, Martino said the programs allow for a regressed form of certain movements when necessary. He said these movements prepare beginners to do the advanced forms later.

"When I first came, I couldn't even pick up a 15 pound bar bell," said Emily Bryson, a senior and nursing major. "Last night, I lifted 85 pounds over my head."



Carson Gregors / Staff Photographe

Andrew Garritson instructs Mario Gobellan during CrossFit class.

Martino admitted there are potential dangers of CrossFit. Because of these, he said it is vital to listen to the instructions about technique provided by the head coach and to be wary of coaches who do not give the necessary attention to the details of technique.

"Most CrossFits across the country have kind of gotten a bad rap. There's just no attention to detail," Martino said. "We wondered what would happen if we did it and did it right, like literally really focused on technique."

For more information about CSCF, located at 1850 N. Columbia St. behind BodyPlex, visit its website at http://centralstatecrossfit.com.



Ada Montgomery / Senior Photographer Zoe Hollowell climbs a rope.



Ada Montgomery / Senior Photographer



Ada Montgomery / Senior Photographe

Scott Johnson leads his class in a goblet squat hold.

Coach Ashley Taylor

Assistant Professor of Psychology at GC



Ada Montgomery / Senior Photographe



Coach Sarah Fuller

Assistant Athletic Trainer at GC

Carson Gregors / Staff Photographer

Coach Scott Johnson

GC Biology Graduate Student and Graduate Assistant



Carson Gregors / Staff Photographe

"When we run a class, the main intent is that people leave feeling better than when they came." -- Andrew Garritson

## Meet the director: A CrossFit journey



Carson Gregors / Staff Photographer

Carson Gregors @gcsunade

When Andrew Garritson transferred to GC to enroll into the health and human performance graduate program, the only human performance program in Georgia, he did not know he would become a vital aspect to the development of CSCF.

Garritson said his fitness consulting company, Complete Elite Strength and Conditioning, was hired under a two-year contract by BodyPlex co-owners Mike Martino and Adam Smith to develop CSCF. As director of CSCF, Garritson handles the growth plans and financial aspects of the gym, as well as staff training.

In addition to running CSCF, Garritson also works as the graduate assistant strength coach for the GC women's soccer team and as Mike Martino's academic graduate assistant. Garritson said his time in the graduate program at GC has influenced the way he trains.

"The biggest thing I have implemented from my education here at Georgia College is the assessment protocols and integrating the strength and conditioning literature into how training runs here," Garritson said.

CrossFit first entered Garritson's life in 2010 while earning his undergraduate degree at the University of North Georgia. At the time, he ran on the school's crosscountry team, but when the program lost funding, Garritson said he realized the impact that community had on his life.

"I really missed the communal aspect of having a group of people that had similar interests in health and fitness," Garritson said.

After hearing about CrossFit from a friend, Garritson was not interested at first, but once he tried it, he discovered a new passion. A few months after joining the CrossFit community, Garritson began coaching, finding himself in a position of leadership within the CrossFit community.

"I don't know if leadership has always come easy, but I have always been thrust into it," Garritson said. "It somehow always finds me, so I don't try to fight it anymore."

Garritson's leadership abilities stem from his time serving as a Reconnaissance Marine. After seven years, Garritson left the corps in January 2015, having completed one tour through the Middle East and Northeastern Europe.

Since he began coaching CrossFit, Garritson said his own athletic ability has improved, and he aspires to eventually compete in the regional level CrossFit

"We believe fitness is a journey across an entire lifespan," Garritson said. "We are here to inspire, educate and empower people around that."

Garritson explained that the phrase "Get committed" is painted on the inside wall of the gym because they believe that through commitment and discipline, personal growth and success is achievable. For people who have never done CrossFit, Garritson said CSCF offers a place of accountability and a slightly competitive, yet nurturing and fun environment, creating the opportunity for relationships to be built.

"I think that's the biggest factor of why we do what we do," Garrison said. "It's the relationships that we have with people."

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Talk Sex: Black Sexuality
Thurs. Feb. 16 @ 7 p.m.
Blackbridge Hall

In honor of Black History Month, the Cultural Center and the Women's Center will be leading a discussion on black sexuality.



Eisenhower Program Panel Presentation

Thurs. Feb. 16 @ 7 p.m. Peabody Auditorium

Three speakers from the U.S. Army War College will discuss topics in national security.



Fri. Feb. 17 @ 7 p.m.
The Centennial Center

The X Ambassadors, Family and Friends and Hoodie Allen will be performing at 7:30 p.m. Tickets are on sale at the Campus Life Office and will not be sold at the door.



Homecoming Parade Sat. Feb. 18 @ 11 a.m. East Hancock Street

This year's theme is "Bobcat Nation: Center of the Universe," featuring intergalactic-themed floats and displays. The parade route will run from Greene Street past Front Campus.



#### All Week Long

Historical Exhibit: The Strip

The Sallie Ellis Davis House is hosting an historical exhibit on Milledgeville's African-American business district, known as The Strip, that thrived from the early 1900s through the 1970s as a result of segregation. Tours are given every Wednesday and Friday.

For more information, visit frontpage.gcsu.edu.



#### A trip to the hospital

Date: Feb. 3

Case: At approximately 3:30 a.m., GCPD was called because a woman was reported to be having seizures from possible alcohol poisoning. When Officer Woodall arrived at the GC residence hall, she made contact with the student who was lying in her bed. The student admitted to having consumed alcohol earlier that night. The student's roommate said that the student was having seizures prior to Officer Woodall's arrival. The student stated that this was her first time having seizures. EMS was dispatched and arrived on the scene to transport the student to ORMC for treatment. A citation was given to the student for the underage possession of alcohol.

#### Two warnings for the price of one

Date: Feb. 3

Case: A man from Georgia Southern University was served a trespass warning and a harassment warning after threatening two female GC students. The two students called Public Safety after one received a death threat from the man via Snapchat. Officer Davis was dispatched to a GC residence hall to meet with the students. The students explained that in addition to threatening physical harm, the man also told one of the students that she needed to be in a mental hospital and called her explicit names. One of the students showed Officer Davis a screenshot of the conversation. Officer Brinkley contacted the Georgia Southern University Public Safety Department and sent them a copy of the trespass warning and harassment warning for the man to sign. The officer at GSUPD explained to the man that he was trespassed indefinitely from GC property and that he is not allowed to contact either woman.

#### A smoke signal

Date: Feb. 3

Case: Officer Braumuller was dispatched to the pavilion at West Campus in reference to people possibly being drunk at a GC baseball game. When Officer Braumuller arrived, he made contact with the athletic director, who said several individuals were yelling at players on the opposing team prior to the officer's arrival. Though the men had quieted down, one lit a cigarette to smoke. Officer Braumuller approached the man, telling him that it was against NCAA rules to smoke. While speaking with the man, Officer Braumuller noticed the man's eyes were bloodshot and he smelled of alcohol. When asked if he had been drinking, the man denied it. Sergeant Smith, who was also on the scene, said he had seen the man with a beer a few minutes earlier. The man then admitted to having consumed three beers. Officer Braumuller issued the man a ticket for the underage possession of alcohol, and the case has been referred to Student Judicial.

#### **Smelled out**

Date: Feb. 4

Case: Officer Powell was dispatched to a GC residence hall when a Community Advisor (CA) called concerning the smell of marijuana coming from a dorm room. When Officer Powell arrived, the CA led him to the room, but when he knocked, no one answered the door. The students exited the room when they heard the knock on the door by way of the adjoining room's door. Later making contact with the students, Officer Powell asked if they had been smoking marijuana. All three students admitted to having consumed alcohol earlier and consented to a room search. When Officer Powell opened the bathroom door, he found a towel pushed against the bottom of each door in an attempt to mask the smell. The fan in the bathroom was on and three chairs were placed in a circle. In the search, two alcohol bottles were found, but no marijuana or drug paraphernalia. One student was cited for the underage possession of alcohol and all three were told that they would be referred to Student Judicial.

## Basketball seniors reflect on college careers

Patrick Steimer @gcsunade

As the 2017 GC basketball season comes to a close, seniors Ellie Fruit, Mark McCorkle, Kelvin Nwanze, Lindsey Reed, Veronica Ryan, Christina Thomas and LaRice Walker will play their final games for the Bobcats.

"The experience has been great," said Walker, who ranks second on the team with 7.3 points per game. "The best experience has been making that bond with the girls that will last a lifetime."

Reed, a nursing major, said that basketball has taught

her to become

disciplined and

to overcome

obstacles as a

playing when I

was about six, and

so to be playing

now at the age of

21, it's almost like

it's become a part

"I started

student-athlete.



Ada Montgomery / Senior Photograph

Kelvin Nwanze and Mark McCorkle are the only seniors on the GC men's team. a two-time member of the PBC All-Academic Team.

Ryan was nominated for the "So You Want to Be a Coach" program this year, Fruit was a PBC Silver Scholar in the 2015-16 season, and Thomas is a two-time member of the PBC All-Academic Team.

As of Sunday, Feb. 12, Nwanze, a biology major, had amassed 67 blocks and 271 rebounds over his four years with the Bobcats. McCorkle is serving this season as a Student Athlete Advisory Committee Representative.

Both Nwanze and Reed said that they felt that GC was a strong academic school to help them achieve their goals, and that their biggest accomplishments have been earning their degrees while playing at the college level.

"I always said I wanted to major in nursing and play basketball," Reed said. "I think Georgia College has been the perfect place for me to do that."

Currently, the GC men's team has a 14-10 record, and the women's team has a 14-8 record. Both teams will look to clinch a spot in the national tournament.

"This year is the first year where we have a chance to be No. 1 in our conference," said Nwanze. "I'd love to win out in our conference, and I definitely want to make it to the national tournament."

Reed said she is looking forward to playing her heart out for her team during its last few games.



Ada Montgomery / Senior Photographer

Left to right: Christina Thomas, Lindsey Reed, Veronica Ryan, LaRice Walker and Ellie Fruit.

"I'm coming to the reality that I'll be finished with basketball after this season," Reed said. "I know that as long as I give my all and my teammates do the same, that's all you can hope for."

After graduation, Walker said she wants to get into a graduate program at GC and pursue a career in human resources. Nwanze plans to complete his postgraduate work at Georgia State University and apply to medical school, while Reed wants to start her nursing career in Atlanta.

The men's and women's basketball teams both defeated Young Harris on senior day, with the men winning by a score of 78-71 and the women by a score of 68-54. Both teams will play Clayton State on Saturday, Feb. 18, at home.



## Thomas nominated to Good Works Team

Chris Lambert @gcsunade

GC senior guard Christina Thomas has been named a nominee for the 2017 Allstate Women's Basketball Coaches Association (WBCA) Good Works Team, as announced by the organization in December. The team is composed of collegiate women's basketball studentathletes who embody the spirit of service through acts of volunteerism and giving back to their communities.

Thomas, a native of Augusta, Georgia, is one of only 33 nominees representing Division II, Division III and NAIA schools, and is the only student-athlete nominated from the Peach Belt Conference.

"Christina always has a great attitude and a great work ethic, every single day," said head GC women's basketball coach Maurice Smith. "She has a heart for helping others and does a great job of gathering the team and making sure they are involved in the Boys and Girls Club and other community events."

Alyah McGriff, a junior forward for the Bobcats and one of Thomas's closest friends, had only good things to say about her teammate.

"Christina is definitely a 'lead by example' type of person, and is always very, very encouraging to

everybody," McGriff said.

As a four-year player at GC and a double-major in psychology and criminal justice, Thomas balances a heavy course load and athletics, and still finds time to give back to the community.

"I've been really involved with the Boys and Girls Club here in Milledgeville, and have raised money for Breast Cancer Awareness through my sorority, Delta Sigma Theta," Thomas

As a senior, Thomas said she has been looking forward to the future, and is already laying the foundation for her own nonprofit, "Generation of Hope."

Thomas said she and her organization have been heavily involved with the homeless communities in her native Augusta, as well as Columbia, South Carolina.

Most recently, over Christmas break, "Generation of Hope" organized a gift drive that provided Christmas gifts for more than 60 people in Augusta.

> Thomas describes herself as mindful of the divisions that pervade our lives in today's world, and said that her main motivation is to serve others.

> > "Service to me is just spreading positivity, spreading that love, unity, and lending a helping hand to someone in need. I think that's something that we need in the world today," Thomas said. "Everybody needs to be picked up when they're down.'

Members of the Allstate WBCA Good Works Team will be invited by Allstate, an official corporate partner of the NCAA, to the 2017 WBCA Convention and the 2017 NCAA Women's Final Four in Dallas,

where they will participate in a community service project benefitting the city.

Photo courtesy of GC Athletics

## Updates made to Scoretrax app

Ben Lord @gcsunade

Busy schedules and schoolwork keep many students from attending their favorite Bobcat sports games. An innovative app, ScoreTrax, has emerged in recent years, alerting students with SMS messages of the scores of Bobcat teams playing at the

Since then, the app has evolved. Users will no longer be able subscribe through text and will have to make an online account on www.scoretrax.com. There, students will be allowed to choose which sports team they want to receive updates from.

Assistant athletic director Al Weston said the app has become a huge hit on GC's campus and lets students become more involved and aware of Bobcat sports.

"ScoreTrax has changed significantly since it has debuted," Weston said. "It has become more accessible by students and gives them the power to choose what score updates they want to receive."

All GC sports are included in the app, and the user can set up their notification preferences to when they personally want to receive scores or updates. This has become popular among students as many compare it to the ESPN app, which sends score

updates of specific teams or sports as well.

Junior and business management major Alex Hughes said the app has consistently kept him upto-date on GC baseball and basketball scores when he can't make it to the game.

"It's a bummer when I'm too busy to make it to the basketball or baseball games, or when they have games far away," Hughes said. "ScoreTrax gives me that access to see what's going on at the game without me being there."

With a user-friendly app, viewing Bobcat sports scores has become even easier with the new software updates.

Subscribe now at www. scoretrax.com.

### INFORMATION TECHNOLOGY NEEDS YOUR HELP!

Students, please participate in the EDUCAUSE Center for Analysis & Research technology survey.

You will provide information about your technology use and preferences.

It will only take 20 minutes of your time and is completely anonymous.

The survey is open now through March 15 and can be found by clicking the icon below in Unify.



Thank you for your participation!

Questions or concerns? Contact Cindy Bowen at:



cindy.bowen@gcsu.edu



Monica Klinkmueller, Asst. Editor February 15-21, 2017 Mary Kate Conner, Editor

## 

GC Theatre Department preps for mainstage performance of 'American Idiot

Will Anderson @gcsunade

Students and faculty from across campus are hard at work preparing for GC's theater and dance production of the rock opera, Green Day's American

Director Amy Pinney said she aims to focus on the balance of love and rage throughout the show, while still creating a gratifying experience for both the audience and performers.

"Older people say some messed up stuff about millennials. If I see one more "think piece" on what's 'wrong' with the millennial generation I'm going to scream," Pinney said. "This show is an opportunity for students to respond. This show is a defense of the millennial generation."

The show follows the story of three young people, Johnny, Tunny and Will, through their struggles with drug abuse, relationships and war.

"The original album was extremely political. So is our show. The album was always anti-war and pro-soldier," Pinney said. "We've worked hard to honor and respect the characters who play soldiers in the cast, as well as veterans in the audience."

Ellen Denham, the music director, said she knows that the cast and crew is ready to jam, and is excited to take the audience's breath away.

"This is a rock musical with a lot of rage and a lot of love," Denham said. "Both of these can be beautiful and my focus is on finding the most beautiful, healthy sound for each singer and for the ensemble."

Joshua Shepherd, a sophomore and theatre major, plays the lead role of Johnny, a lost soul who leaves the town of Suburbia and seeks a new world to help him thrive. Along the way, he gets lost in the dangerous aspects of drugs and alcohol and must pay the consequences for his actions.

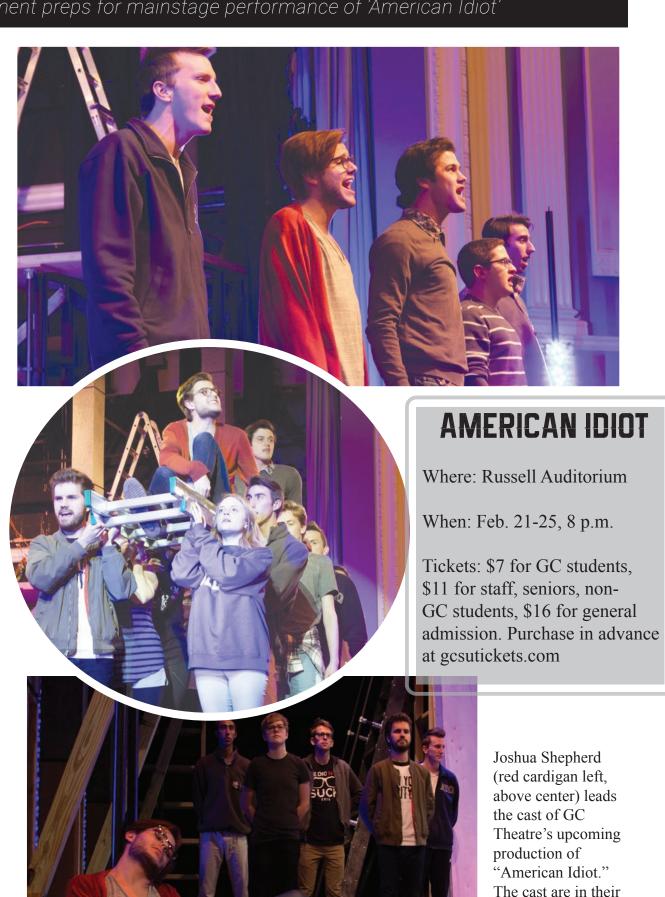
"The greatest challenge was discovering how dangerous Johnny is and how many risks and bad decisions he makes," Shepherd said.

Allie Kangas, a junior and theatre major, plays opposite of Shepherd's Johnny as the love interest, Whatsername, who she describes as a badass.

"This is so different from many shows I have worked on, to be completely honest," Kangas said. "It's so different in the musical aspect of it too, because it's a rock opera and there's different messages that we haven't really had thus far. It talks about drug usage, bad relationships and child support even at times."

Harlee Pope, a junior and theatre major, described the impact she believed the musical would have on the community.

"American Idiot' is going to represent every kind of person that you see around Milledgeville, really around the world," Pope said. "You get every kind of emotion and feeling from each one of the characters and it's super exciting to be a part of that and share so much passion in one room. And it's so many songs that people love dearly. Green Day is awesome. You will see lots of songs you recognize and enjoy."



Joshua Shepherd (red cardigan left, above center) leads the cast of GC Theatre's upcoming production of "American Idiot." The cast are in their last days of rehearsal ahead of opening night Tuesday, Feb. 21.

Ashley Cooper/Staff Photographer

## Carpenter crafts one-woman show

Wellsley Kesel @gcsunade The Black Box Theatre is preparing to host GC alumni and Blackbird Coffee employee Amy Carpenter, and her one-woman show ,"Not From

Concentrate," on Feb. 16 and 17 at 7 p.m.

After graduating from GC as a theater major in 2013, Carpenter moved to Atlanta and experienced a crucial time in her life, one that sparked the eventual inspiration for her newest performance.

"There was a lot of heartbreak, real love and weird dating things that happened, and I was in a place where I wanted to process all of that," Carpenter said.

Carpenter's show will not only express her experiences in love, but will also convey an important message to the audience.

"I want to display something we all experience, which is this idea that we're all lonely. No one ever wants to talk about that, because the world asks us to be strong and independent and not weak," Carpenter said. "I'm trying to challenge the idea that acknowledging the feeling and the situation and the reality doesn't make you weak."

Carpenter's coworkers couldn't be more supportive of her creative outlet.

"Her passion and her drive definitely show up in both her work here [at Blackbird] and in her performing," said Bailey Warr, manager of Blackbird and friend of Carpenter's. "She's super hardworking and likes to put her mind to something and get it done, in a way that a lot of people don't, especially people her age. To be so young and to still have that amount of drive is really unique."

Carpenter's show, which incorporates instrumental melody, acting and movement, is designed to display all the stages of a relationship, both good and bad. Despite her dedication to her show, Carpenter's fellow Blackbird coworkers don't worry that her time between work and performance is spent unevenly.

"I've seen her working on her performance countless hours in the shop, and going around town and getting things prepared for it, so I know she puts in equally as much time into that as she does working here," said Blackbird employee Zeke Parrish.

While juggling a job as a barista and preparing for her show is no small feat, Carpenter credits setting a deadline as the main reason behind her success.

"I'm kind of a perfectionist by nature. The fear of not having something done motivates me to work my hardest and produce something I'm really proud of," Carpenter said..

For those looking for an interesting and stimulating performance by one of GC's own, head to the Black Box for a one-of-a-kind show, no ticket required.

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Carpenter slings coffee at Blackbird while creating her own original show.

Ada Montgomery/Senior Photographer



Q: If you were a stuffed animal, what would you be and why?

Compiled by Lauren Nielly



"A lion, because a lion doesn't concern himself with the opinions of a sheep."
-Max Edel, junior and management major



"I would be an extremely large teddy bear so I could give all the hugs in the world."

-Maggie Smith, sophomore and biology major



"I would be the ninja turtle build-a-bear with a voice box in it because I'm very talkative, and I still need a way to communicate as a stuffed animal."

-Devin Crandall, junior and marketing major



## Ashley Harrington

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## Adventure isn't so far away

Amy Huang @gcsunade Student Adventures is a program at GC that plans trips for students interested in outdoor activities or anyone

wanting to try new things. It began in January of last year and aims to get students out of their comfort zones. Last semester, the program featured canoeing and backpacking, but has more trips in store for this semester.

"We are testing the waters on a variety of trips to see what trips are the most popular, but for this semester we have a spring break backpacking and zip-lining trip and another day canoe trip," said Billy Copeland, assistant director of the outdoor center.

The trips are self-funded, meaning that the fee students pay for the trips are all-inclusive that includes all the equipment for the trip as well as transportation. Most students going on the trips have little to no experience with the outdoors.

"Student Adventures is a good introduction for people not used to going on trips because they cover the rental and hard part of planning trips," said Seth Kessel, sophomore and management information systems major.

Along with Copeland, the other tour guides and experts leading the trips are outdoor education students.

"Because the majority of students that go on the

trips are not experienced, the ones that are experienced are the outdoor education students who I can verify their training," Copeland said.

Some of the positive experiences of participating on the trips are building new memories and bonding with people on the trip.



Photo courtesy of Student Adventures

(Above) Students hiked near Blue Ridge on a Student Adventures backpacking trip last spring break.

"I went on the canoeing trip last semester and it was awesome. It's where I met my best friend now," said Helen Hudgens, freshman and outdoor education major. "It's fun to be with fun-minded people and expand your horizons."

Expanding students' horizons is one of the goals of Student Adventures, enabling students to try things they wouldn't do on their own.

"I enjoy seeing students who doubted themselves going on these trips and it opens them up to a whole new world. It's nice seeing students get to know each other by the end of the trip," said Copeland.

However, many students are still unaware that the program exists. Copeland said a previous club at GC, Venture, did something similar to student adventures a few years ago, but disbanded. Student Adventures picked it up and Copeland said it was his vision to reboot the program.

However, the program hopes to get more people interested to go on the trips.

"We are all about doing experiences rather than learning in a classroom. It's super vital for growth and development in college years. You realize how meeting new people can change your life," said Parker Davis, senior and outdoor education major.

Students interested in signing up for the trips can email outdoor@gcsu.edu or visit their Facebook page at Outdoor Center Student Adventures.

First Look: Homecoming Concert Lineup

compiled by Kellie Murphy

Homecoming at GC is much different than homecoming in high school. Forget the corsages and awkward pictures and think about famous performers coming straight to Milledgeville to perform and celebrate for the Bobcats. This year's homecoming concert consists of

The X Ambassadors, Hoodie Allen and Family and Friends.



The X Ambassadors started with four young guys that wanted to go big with their passion for music. Just about 10 years ago, the band left the small town of Ithaca, New York for New York City with the only goal of finding fortune and fame. The X Ambassadors' music has been described as "passionate, dark, electronic-based pop" by Spotify. The X Ambassadors are creative with their music because it is based on guitar sound but integrate hiphop and soul as well.

The band was created on the basis of friendship and discovery. Their first full-length album, titled VHS, is a story of their rise to fame. Casey Harris, friend Noah Feldshuh and Adam Levin join the lead singer, Sam Harris, to form the soulful group.

When listening to this music, you can feel the passion that they have put into their music. Their songs tell a story, and when listening to them and knowing the effort that have put into this journey, you can match their story with their songs.

Hoodie Allen

The next act to hit the Centennial Stage is the rapper Hoodie Allen. Born in Long Island by the name of Steven Markowitz, the rapper has changed the rap game by mixing it with pop. With hits like "No Interruption" and "No Faith in Brooklyn," Allen is bringing rap-pop to Milledgeville. Allen got his start on college campuses when he met a producer during a fraternity party in Pennsylvania.

Hoodie Allen has music that all different kinds of people can enjoy. Being compared to other rappers like Mac Miller, Asher Roth and Sam Adams, Allen is definitely not one to miss at the homecoming concert this year. Allen's songs make anyone want to get up and dance with his creative lyrics and upbeat music.

## Family and Friends

The last act that will be performing at the concert this year will be Athens, Georgia-based group, Family and Friends. Consisting of seven different members, Family and Friends will mix the concert genre up with an indie-folk-rock feel. With buoyant concerts, the seven members harmoniously work together to have incredible shows.

The band has two drummers that are constantly standing during the acts, amongst many other instruments that keep the show entertaining, along with the smooth vocals of lead singer Mike MacDonald.

With such a different sound than the other performers, Family and Friends will make everyone feel at home. Stemming from their name, they make everyone at the performances and everyone that listens to their music feel like they are a part of the band.

Once you're finished popping the bubble wrap, drop off your packages at Mail Services.

